

Site Map for SwamiJ.com

Featured or most important articles are listed first. A thorough alphabetical listing is further below. Some of the articles are listed more than once for searching convenience. Some of the links are to sections within larger articles.

About the Site, Connections

[About the Site](#)
[Additions and Revisions to the site](#)
[FAQ \(Frequently Asked Questions\)](#)
[Comments from others about the site](#)
[How to use this Site](#)
[Bio of Swami Jnaneshvara](#)
[Contact Swami Jnaneshvara](#)
[Glossaries of terms](#)
[Links to other sites](#)

Contact, Classes, Satsang and other Activities

[Calendar of Activities](#)
[Email and Postal Mail](#)

Facebook:

[Facebook - Personal page](#)
[Facebook - Satsang and Discussion group page](#)
[Facebook - SwamiJ.com page](#)
[Facebook - Yoga Nidra Meditation CD page](#)
[Facebook - Traditional Yoga page](#)
[Facebook - Center for Nondualism Group Discussion page](#)
[Facebook - Center for Nondualism Organization page](#)

Newsletters:

[Newsletters - Descriptions of all three of my newsletters](#)
[Newsletter - Yoga Meditation \(Yahoo\)](#)
[Newsletter - Yoga Sutras \(Yahoo\)](#)
[Newsletter - Abhyasa Ashram, Florida Activities \(Yahoo\)](#)
[Newsletter - Center for Nondualism, Florida \(Yahoo\)](#)

[Twitter of Swami J](#)

[Blog through Blogger](#)

[Myspace personal page](#)

[Satsang and community in your city or country](#)

Publications, Print, CDs, Videos

[CDs by Swami Jnaneshvara - Yoga Nidra and Basic Meditation](#)
[Booklets by Swami Jnaneshvara through Lulu.com](#)
[PDF articles for download](#)
[SwamiJ.com en Español - Spanish translations of articles](#)
[Online discussion meetings](#)
[Podcasts - Audio through this site and iTunes](#)
[Podcasts - Direct link to iTunes page](#)
[Video Broadcast and Live Satsang Information](#)
[Direct Link to Broadcast on Ustream](#)
[YouTube videos by Swami Jnaneshvara](#)
[YouTube videos of Swami Rama \(independent site\)](#)

Tradition

[Tradition of the Himalayan Masters](#)
[Yoga, Vedanta and Tantra](#)
[What is a Swami?](#)
[Sanatana Dharma](#)
[Personal Source of Inspiration](#)

Swami Rama:

[About Swami Rama](#)
[Index of Articles by Swami Rama](#)
[Swami Rama Teachings Booklet \(39-page PDF file\)](#)
[The Path of Swami Rama \(49-page PDF file\)](#)

FEATURED ARTICLES, i.e., WHERE TO START

(Scroll down for complete list of articles in alphabetical order)

[How the word "Yoga" is used on this website](#)

[Yoga - Meaning and Highlights](#)

[Beginning, Intermediate, and Advanced Meditation](#)

[Summary Table of Beginning, Intermediate, and Advanced Meditation](#)

[Seven Skills to Cultivate for Yoga Meditation](#)

[Four Practices - Meditation, Contemplation, Prayer, Mantra](#)

[The Simplest Meditation](#)

[Attitudes Meditations and Mindfulness](#)

[Veiling and Projecting - Avidya and Adhyasa](#)

[Practice and Non-Attachment - Abhyasa and Vairagya](#)

[Five Efforts and Commitments](#)

[Mindfulness and Concentration in Yoga Meditation](#)

[Four Steps of Meditation](#)

[Training the Ten Senses or Indriyas](#)

[Breathing Practices](#)

[Diaphragmatic Breathing](#)

[Four Paths of Yoga: Jnana, Bhakti, Karma, Raja](#)

[Karma and the Sources of Actions, Speech and Thoughts](#)

[Karma - Archery and the Art of Karma](#)

[Coordinating Four Functions of Mind: Manas, Chitta, Ahamkara, Buddhi](#)

[Thirteen Suggestions on Using Mantra](#)

[Seven Great Contemplations - Mahavakyas](#)

[Yoga Nidra - Yogic Conscious Deep Sleep](#)

[Understanding and Practicing the Teachings of Swami Rama - Booklet](#)

[Yoga, Vedanta and Tantra](#)

[Shakti, Kundalini, and the River of Tantra Yoga](#)

[Bindu and the Three Streams of Yoga, Vedanta and Tantra](#)

[Self-Realization in the Himalayan Tradition](#)

[Modern Yoga versus Traditional Yoga](#)

ARTICLES IN ALPHABETICAL ORDER

(Featured Articles are above)

[108 Beads on a Mala](#)

[Abhyasa Ashram](#)

[About the website](#)

[Additions and Revisions to Articles](#)

[Advanced Meditation](#)

[Agni Sara](#)

[Ahamkara: Four Functions of Mind](#)

[Ahimsa, Non-harming](#)

[Amrita Gita](#)

[Antahkarana - Four Functions of Mind](#)

[Aparokshanubhuti - Shankara](#)

[Archery and the Art of Karma](#)

[Ashtavakra Gita](#)

[Ashrams: Four Ashrams \(stages\) of Life](#)

[Asim School](#)

[Atheism - Theism, Atheism, Yoga, and Fear](#)

[Atma Bodha - Shankara](#)

[Atma-Shatakam, Song of the Self - Shankara](#)

[Attitudes Meditations and Mindfulness](#)

[Avidya and Adhyasa - Veiling and Projecting](#)

[Balanced Mind Picture](#)
[Beach Photos at Fort Walton Beach](#)
[Beginning Meditation](#)
[Be Still and Know](#)
[Beginning, Intermediate, and Advanced Meditation](#)
[Summary Table of Beginning, Intermediate, and Advanced Meditation](#)
[Beyond the Gross and Subtle Realm](#)
[Bhaja Govindam - Shankara](#)
[Bhakti - Four Paths of Yoga: Jnana, Bhakti, Karma, Raja](#)
[Bhumikas, Seven - Varaha Upanishad](#)
[Bhuta Shuddhi Meditation](#)
[Bindu and the Three Streams of Yoga, Vedanta and Tantra](#)
[Bio - Swami Jnaneshvara Bharati](#)
[Black page](#)
[Blank page](#)
[Book Reviews by Swami Jnaneshvara](#)
[Breathing Practices](#)
[Breathing, Diaphragmatic](#)
[Broadcast and Live Video Satsang](#)
[Buddhi - Four Functions of Mind](#)

[Calendar of Activities with Swami Jnaneshvara](#)
[Canvas: Self Behind the Paint and the Canvas](#)
[CD: Basic Yoga Meditation](#)
[CD: Yoga Nidra](#)
[Center for Nondualism](#)
[Centripetal and Centrifugal Forces](#)
[Chakra Meditation](#)
[Challenge - An Inspiring Challenge from Swami Rama](#)
[Chariot - Who's Driving Your Chariot](#)
[Chicken and the Egg, Nondualism and Gods](#)
[Chitta - Four Functions of Mind](#)

Christianity:

[Christian Yoga - Indirectly Promoting Traditional Yoga](#)
[Christianity - Exoteric and Esoteric Christianity](#)
[Christianity - Yoga and Christianity: Loving with All Your Parts](#)
See also "Religion" below

[Clouded Mind](#)
[Comments on the SwamiJ.com website](#)
[Complementary Practices - Meditation, Contemplation, Prayer, Mantra](#)
[Computers and Consciousness](#)
[Concentration - Mindfulness and Concentration in Yoga Meditation](#)
[Consciousness and Cake](#)
[Construction of Religion](#)
[Contemplation - Meditation, Contemplation, Prayer, Mantra](#)
[Contemplations - Seven Mahavakyas, Great Contemplations](#)
[Conversion is an Act of Violence](#)
[Crest Jewel of Discrimination - Vivekachudamani \(1\)](#)
[Crest Jewel of Discrimination - Vivekachudamani \(2\)](#)

[Daily Internal Dialogues](#)
[Daily Goals](#)
[Danda Diksha of Swami Jnaneshvara](#)
[Dasnami - Ten names of the swami orders](#)
[Dattatreys - Twenty Four Gurus of Dattatreya](#)
[Dharma, Artha, Kama, Moksha: Four Aspects of Life](#)
[Dharma - What is Sanatana Dharma](#)
[Dharma - Sanatana Dharma and Hinduism](#)
[Dhatus - The Seven Tissues](#)
[Deities in the Himalayan Tradition](#)
[Diaphragmatic Breathing](#)
[Diet and Meditation](#)
[Donations](#)
[Downloads of PDF files](#)
[Dualism and Nondualism](#)

[Einstein Quotes](#)
[Emotions - Swami Rama](#)
[Emotions, Mind and Ego - Swami Rama](#)

[Emotions and Karma](#)
[Emotions - Two Faces of Emotions in Yoga Psychology](#)
[Enlightenment - Stages of Enlightenment](#)
[Entire Process of Meditation](#)

[Faces of Nondualism \(pdf\)](#)
[FAQ - Frequently Asked Questions](#)
[Figures used on SwamiJ.com website](#)
[Five Efforts and Commitments](#)
[Five Stages of Meditation](#)
[Flexibility in the Practice Sequence](#)
[Flight Management - Meditation, Mind and the Flight Management Computer](#)

Florida:

[Florida - Yoga Meditation in Florida](#)
[Fort Walton Beach](#)
[Fort Walton Beach Hotels](#)
[Four Aspects of Life: Purusharthas: Dharma, Artha, Kama, Moksha](#)
[Four Ashrams \(Stages\) of Life](#)
[Four Practices - Meditation, Contemplation, Prayer, Mantra](#)
[Four Functions of Mind - Coordinating Manas, Chitta, Ahamkara, Buddhi](#)
[Four Means and Six Virtues Sadhana Chatshtaya / Shatsampat](#)
[Four Paths of Yoga: Jnana, Bhakti, Karma, Raja](#)
[Four Stages \(ashrams\) of Life](#)
[Four Steps of Meditation](#)
[Frawley - Self Inquiry](#)

[Gazing, Trataka / Trataka \(2\) / Trataka \(3\) / Trataka Sohum](#)
[Gayatri Mantra](#)
[Glossaries](#)
[Goals of Life - Dharma, Artha, Kama, Moksha: Four Aspects of Life](#)
[God - What God Is](#)
[God - What god or gods do you believe in?](#)
[Gods - Gods and the Celestial World](#)
[Gods - Chicken and the Egg, Nondualism and Gods](#)

Guru:

[Guru Chakra](#)
[Guru Grace and Shaktipata](#)
[Guru and the Light Within](#)
[Guru is a Stream](#)
[Guru and Divine Grace](#)
[Guru - Twenty Four Gurus of Dattatreya](#)

[Handout - Witnessing](#)
[Hatha Yoga and Raja Yoga](#)
[Hatha Yoga Pradipika](#)
[Health - Holistic Health - 9 Suggestions from Swami Rama](#)
[Himalayan Institute](#)

Hinduism:

[Hinduism - Does it Teach that all Religions are the Same?](#)
[Hinduism Today - Timeline](#)
[Hinduism - Yoga and the Words Hindu and Hinduism](#)
[Hindus - We Are All Hindus Now](#)
[History of Religion and Wars](#)
[History of Yoga - Georg Feuerstein](#)
[Holistic Health - 9 Suggestions from Swami Rama](#)
[Hotels - Fort Walton Beach Hotels](#)
[How to use the SwamiJ.com site](#)
[Human Rights - Universal Declaration of Human Rights](#)

[Iceberg](#)

[Illusion](#)

[Illusion - Purple Dots](#)

Indexes:

[Index - About](#)
[Index - Basics](#)
[Index - CDs](#)
[Index - Connections](#)
[Index - Fun and Miscellaneous](#)
[Index - Icons](#)
[Index - Interactive](#)

[Index - Karma](#)
[Index - Kundalini](#)
[Index - Levels of Consciousness](#)
[Index - Lifestyle](#)
[Index - Mantra](#)
[Index - Meditation](#)
[Index - Mind](#)
[Index - Philosophy](#)
[Index - Practices](#)
[Index - Tradition](#)
[Index - Yoga](#)
[Index - Yoga Sutras](#)

[Indian Philosophy - Six Schools of Indian Philosophy](#)
[Indic Contribution Towards Understanding the Word Religion](#)
[Indriyas - Training the Ten Senses or Indriyas](#)
[Inspiration](#)
[Inspiring Challenge from Swami Rama](#)
[Intermediate Meditation](#)
[Inviting Thoughts to Come](#)
[Is Yoga a Religion?](#)
[Ischial Tuberosity - Sitz Bones](#)

[Japa - Mantra, Japa and Ajapa Japa](#)
[Jnana - Four Paths of Yoga: Jnana, Bhakti, Karma, Raja](#)
[Jokes and Quotes](#)

[Kalimath](#)

Karma:

[Karma and the Sources of Actions, Speech and Thoughts](#)
[Karma - Archery and the Art of Karma](#)
[Karma - Four Paths of Yoga: Jnana, Bhakti, Karma, Raja](#)

[Koshas](#)

Kundalini:

[Kundalini Awakening Index](#)
[Kundalini Awakening \(several separate, linked pages\)](#)
1) Prana usually flows in Ida or Pingala
2) Prana is made to flow in Ida and Pingala
3) Prana is made to flow in Sushumna
4) Kundalini Energy is Awakened
5) Kundalini Rising
6) Kundalini rises to Sahasrara, Crown Chakra
[Kundalini - Shakti, Kundalini, and the River of Tantra Yoga](#)

[Lady Turning](#)

[Lead Me](#)

[Loop of Lead Me](#)

[Levels and Dimensions of Consciousness](#)

[Lifestyle and Four Basic Urges](#)

[Links](#)

Loops:

[Loop - Lead Me](#)
[Loop - Mahatripurasundari](#)
[Loop - Mahavakyas](#)
[Loop - Meditation Today](#)
[Loop - Purna](#)
[Loop - Shiva and Shakti are One and the Same](#)
[Loop - Yoga Sutras 1.1-1.5](#)

[Mahamrityunjaya Mantra](#)

[Mahamrityunjaya Mantra 108](#)

[Mahatripurasundari - Loop](#)

[Mahavakyas, Seven Great Contemplations](#)

[Mahavakyas - Loop](#)

[Manas - Four Functions of Mind](#)

[Mandukya Upanishad](#)

Mantra:

[Mantra, 13 Tips on Using Mantra](#)
[Mantra, Brain and Words](#)
[Mantra, Japa and Ajapa Japa](#)
[Mantra, Gayatri](#)

[Mantra, Mahamrityunjaya](#)
[Mantra, Maranatha](#)
[Mantra, Om Mantra and Seven Levels of Consciousness](#)
[Mantra, Om Mantra and Seven Methods of Practice](#)
[Mantra, Om Namah Shivaya \(Panchakshara Mantra\)](#)
[Mantra - Soham Mantra](#)
[Mantra - Soham Mantra 108 Repetitions](#)
[Mantra - Soham Mantra and Breath](#)

[Maslow's Needs Hierarchy and Advanced Yoga Psychology](#)
[Meaning and Purpose of Yoga, Bhole Prabhu](#)

Meditation:

[Meditation - 50+ Types of Meditation](#)
[Meditation, Mind and the Flight Management Computer](#)
[Meditation - Mindfulness and Concentration in Yoga Meditation](#)
[Meditation - One Line Short-Course in Yoga Meditation](#)
[World / Senses / Body / Breath / Mind / Silence](#)
[Meditation - A Program for Progress in Meditation](#)
[Meditation - Seven Skills to Cultivate for Yoga Meditation](#)
[Meditation - Simplest Meditation](#)
[Meditation - Steps in Yoga Meditation](#)
[Meditation - Systematic Meditation](#)
[Meditation - Time and Place for Yoga Meditation](#)
[Meditation Today - In Your Meditation Today](#)
[Meditation Today - In Your Meditation Today - 108 times](#)
[Meditation - Vedantic Meditation](#)
[Meditation - Who Benefits from Yoga Meditation](#)
[Meditation - Who is the Witness?](#)
[Meditation as a Whole or a Part?](#)
[Meditation - Why Should I Meditate?](#)
[Meditation - Witnessing / Witnessing Summary](#)
[Meditation - Yoga Meditation described in 16 parts](#)

Meetings Online

[Mind Map](#)
[Mindfulness and Concentration in Yoga Meditation](#)
[Mindfulness Meditation](#)
[Modern Yoga versus Traditional Yoga](#)
[Money, Sex, Fame, Health, Self and Yoga](#)
[Mysticism, Yoga and Religion](#)

[Nirvana-Shatakam, Song of the Self - Shankara](#)

[Noah's Ark](#)

[Nondualism - Dualism and Nondualism](#)

[Now, Future, and the Phantom of Contradiction](#)

Om:

[Om Mantra and the Seven Levels of Consciousness](#)
[Om Mantra and Seven Methods of Practice](#)
[Om Mantra - 125,000 Repetitions](#)
[Om Namah Shivaya Mantra \(Panchakshara Mantra\)](#)
[One Line Short-Course in Yoga Meditation](#)
[World / Senses / Body / Breath / Mind / Silence](#)
[Online discussion meetings](#)
[Our Tradition](#)

Panchadasi

[Panchikaranam - Shankara](#)

[PDF file downloads](#)

[Perspective of Gross to Subtle through Planets and Stars](#)

[Philosophy - Index of Articles](#)

[Philosophy - Sankhya Yoga](#)

[Philosophy - Six Schools of Indian Philosophy](#)

[Podcasts - Audio Recordings by Swami Jnaneshvara](#)

[Podcasts - Direct link to iTunes page](#)

[Practices, Witnessing and Internal Dialogue](#)

[Prakriti - Sankhya Yoga](#)

[Preparation - Four Means and Six Virtues Sadhana Chatshtaya / Shatsampat](#)

[Primitive Fountains - Lifestyle and Four Basic Urges](#)

[Program for Progress in Meditation](#)

[Purusha - Sankhya Yoga](#)

[Purusharthas, Four Aspects of Life: Dharma, Artha, Kama, Moksha](#)

[Quotes - Jokes and Quotes](#)

[Raja - Four Paths of Yoga: Jnana, Bhakti, Karma, Raja](#)

[Realization Beyond the Gross and Subtle Realm](#)

[Reflections of Swami Jnaneshvara](#)

[Relaxation Techniques](#)

Religion:

[Religion - Christianity: See "Christianity" \(above\)](#)

[Religion - History of Religion and Wars](#)

[Religion - Indic Contribution Towards Understanding the Word Religion](#)

[Religion - Is Yoga a Religion?](#)

[Religion - Mysticism, Yoga and Religion](#)

[Religion - Theism, Atheism, Yoga, and Fear](#)

[Religion - World Congress for the Preservation of Religious Diversity](#)

[Religion - Yoga and Institutional Religion](#)

[Rotating Circles](#)

[Sadhana Panchakam - Shankara](#)

[Sanatana Dharma and Hinduism](#)

[Sanatana Dharma - What is Sanatana Dharma?](#)

[Sankhya Philosophy](#)

[Satya, Truthfulness](#)

[Saundaryalahari - Sri Vidya](#)

[Secret of Shiva and Shakti](#)

[Self-Inquiry, David Frawley](#)

[Self-Realization in the Himalayan Tradition](#)

[Self-Realization - Who Seeks Self-Realization](#)

[Seven Bhumikas - Varaha Upanishad](#)

[Seven Skills to Cultivate for Yoga Meditation](#)

[Seven Stages of Development - Varaha Upanishad](#)

[Shaktipata](#)

[Skaktipata Guru Grace](#)

[Shakti, Kundalini, and the River of Tantra Yoga](#)

Shankara:

[Shankara Bio](#)

[Shankara - Aparokshanubhuti](#)

[Shankara - Atma Bodha](#)

[Shankara - Atma-Shatakam, Song of the Self](#)

[Shankara - Bhaja Govindam](#)

[Shankara - Panchikaranam](#)

[Shankara - Sadhana Panchakam](#)

[Shankara - Siddhanta Tattva Vindu](#)

[Shankara - Vakya Sudha, Bala Bodhani](#)

[Shankara - Vakya Vritti](#)

[Shankara - Vivekachudamani, Crest Jewel of Discrimination \(1\)](#)

[Shankara - Vivekachudamani, Crest Jewel of Discrimination \(2\)](#)

[Shankara - Siddhanta Tattva Vindu](#)

[Shiva and Shakti - Secret of Shiva and Shakti](#)

[Shiva Sutras](#)

[Shortcut to Self-Realization](#)

[Simplest Meditation](#)

[Sitz Bones - Ischial Tuberosity](#)

[Six Schools of Indian Philosophy](#)

[Six Virtues - Four Means and Six Virtues Sadhana Chatshtaya / Shatsampat](#)

[Soham Mantra](#)

[Soham Mantra 108 Repetitions](#)

[Soham Mantra and Breath](#)

[Soham Trataka - Gazing / Trataka \(1\), Gazing / Trataka \(2\) / Trataka \(3\)](#)

[Spanish Articles - SwamiJ.com en Español](#)

[Sri Vidya - Samaya Tantra](#)

[Sri Vidya - Saundaryalahari](#)

[Sri Vidya - Swami Rama Videos \(external link\)](#)

[Stages of Enlightenment](#)

[Stages of Life - Four Stages \(ashrams\) of Life](#)

[Stairway to Heaven](#)

[Start Where You Are](#)

[Steps in Meditation](#)

[Swami - What is a Swami?](#)

[SwamiJ.com - How to use SwamiJ.com](#)

[Swami Jnaneshvara Bharati Bio page](#)
[Swami Rama - 9 Suggestions on Holistic Health](#)
[Swami Rama - Gods and the Celestial World](#)
[Swami Rama - Index of Articles by Swami Rama](#)
[Swami Rama - Inspiring Challenge from Swami Rama](#)
[Swami Rama - Understanding Teachings and Practices Booklet](#)
[Swami Rama -Bio](#)
[Systematic Meditation](#)

[Tantra](#)

[Tantra - Bindu and the Three Streams](#)

[Tantra - Mahatripurasundari - Loop](#)

[Tantra - Shakti, Kundalini, and the River of Tantra Yoga](#)

[Tantra - Yoga, Vedanta and Tantra](#)

[Tantra - See also Tripura \(below\) and Mahatripurasundari \(above\)](#)

[Tarot - Swami Jnaneshvara](#)

[Theism, Atheism, Yoga, and Fear](#)

[Time and Place for Yoga Meditation](#)

[Timeline - Hinduism Today](#)

[Tradition of the Himalayan Masters](#)

[Tradition - Our Tradition](#)

[Traditional Yoga - Modern Yoga versus Traditional Yoga](#)

[Trataka, Gazing / Trataka \(2\) / Trataka \(3\) / Trataka Sohum](#)

[Tripura](#)

[Tripura - Bindu and the Three Streams](#)

[Tripura - Bahvricha Upanishad](#)

[Tripura - Tripura Upanishad](#)

[Tripura Tapini Upanishad](#)

[Truth as the Highest "T"](#)

[Truthfulness, Satya](#)

[Twenty Four Gurus of Dattatreya](#)

[Understanding and Practicing the Teachings of Swami Rama - Booklet](#)

[Upanishads - Description and Index](#)

[Vakya Sudha, Bala Bodhani - Shankara](#)

[Vakya Vritti - Shankara](#)

[Vedanta - Bindu and the Three Streams](#)

[Vedanta - Yoga, Vedanta and Tantra](#)

[Vedantasara - by Sadananda](#)

[Vedantic Meditation - Frawley](#)

[Vivekachudamani, Crest Jewel of Discrimination \(1\)](#)

[Vivekachudamani, Crest Jewel of Discrimination \(2\)](#)

[Wake Up - Swami Venkatesananda](#)

[We Are All Hindus Now](#)

[What do I Want?](#)

[What god or gods do you believe in?](#)

[What is a Swami?](#)

[Who Benefits from Yoga Meditation](#)

[Who is the Witness?](#)

[Whole - Meditation as a Whole or a Part?](#)

[Who's Driving Your Chariot](#)

[Who Seeks Self-Realization?](#)

[Why Should I Meditate?](#)

[Wisdom to Live by and Share with Others](#)

[Witnessing](#)

[Witnessing Summary](#)

[Witnessing - Practices, Witnessing and Internal Dialogue](#)

[Witnessing Handout](#)

[Yoga - As Used on SwamiJ.com](#)

[Yoga - Meaning and Highlights](#)

[Yoga - Meaning and Purpose of Yoga, Bhole Prabhu](#)

[Yoga - Yoga Defined](#)

[Yoga and Christianity: Loving with All Your Parts](#)

[Yoga Day USA and the Distortion of Yoga in America](#)

[Yoga Day USA and Ten Reasons for Yoga](#)

[Yoga - History of Yoga](#)

[Yoga and Institutional Religion](#)

[Construction of Religion](#)

[Yoga - Is Yoga a Religion?](#)

[Yoga - Meaning and Purpose of Yoga - Swami Rama](#)

[Yoga Meditation described in 16 parts](#)

[Yoga - Modern Yoga versus Traditional Yoga](#)

Yoga Nidra:

[Yoga Nidra - Yogic Conscious Deep Sleep](#)

[Yoga Nidra CD](#)

[Yoga Nidra Methods](#)

Yoga Sutras:

[Yoga Sutras - Index](#)

[Yoga Sutras - Main Page](#)

[Yoga Sutras - Introduction](#)

[Yoga Sutras - Listed](#)

[Yoga Sutras - Narrative](#)

[Yoga Sutras - Patanjali](#)

[Yoga Sutras - Questions and Answers](#)

[Yoga Sutras - Seven Keys](#)

[Yoga Sutras - Book Reviews by Swami Jnaneshvara](#)

[Yoga Sutras - Swami Rama Explains Discipline of Yoga](#)

[Yoga Sutras - Swami Rama Explains Yoga Darshana](#)

Yoga Sutras Chapter 1

[Summary of Chapter 1: Concentration, Samadhi Pada](#)

[What is Yoga? \(1.1-1.4\)](#)

[Witnessing and Uncoloring thoughts \(1.5-1.11\)](#)

[Practice and non-attachment \(1.12-1.16\)](#)

[Types of concentration \(1.17-1.18\)](#)

[Efforts and commitment \(1.19-1.22\)](#)

[Direct route through AUM \(1.23-1.29\)](#)

[Obstacles and solutions \(1.30-1.32\)](#)

[Stabilizing and clearing the mind \(1.33-1.39\)](#)

[Results of stabilizing the mind \(1.40-1.51\)](#)

Yoga Sutras Chapter 2

[Summary of Chapter 2: Practice, Sadhana Pada](#)

[Minimizing gross coloring \(2.1-2.9\)](#)

[Dealing with subtle thoughts \(2.10-2.11\)](#)

[Breaking the alliance of karma \(2.12-2.25\)](#)

[The 8 rungs and discrimination \(2.26-2.29\)](#)

[Yamas and Niyamas, rungs #1 and 2 of 8 \(2.30-2.34\)](#)

[Benefits from Yamas and Niyamas \(2.35-2.45\)](#)

[Asana, rung #3 of 8 \(2.46-2.48\)](#)

[Pranayama, rung #4 of 8 \(2.49-2.53\)](#)

[Pratyahara, rung #5 of 8 \(2.54-2.55\)](#)

Yoga Sutras Chapter 3

[Summary of Chapter 3: Progressing, Vibhuti Pada](#)

[\(Dharana, dhyana, and samadhi, rungs #6-8 of 8 \(3.1-3.3\)\)](#)

[Samyama is the finer tool \(3.4-3.6\)](#)

[Internal is seen to be external \(3.7-3.8\)](#)

[Witnessing subtle transitions \(3.9-3.16\)](#)

[Experiences from samyama \(3.17-3.37\)](#)

[What to do with experiences \(3.38\)](#)

[More from samyama \(3.39-3.49\)](#)

[Renunciation and liberation \(3.50-3.52\)](#)

[Higher discrimination \(3.53-3.56\)](#)

Yoga Sutras Chapter 4

[Summary of Chapter 4: Liberation, Kaivalya Pada](#)

[Means of attaining experience \(4.1-4.3\)](#)

[Emergence and mastery of mind \(4.4-4.6\)](#)

[Actions and karma \(4.7-4.8\)](#)

[Subconscious impressions \(4.9-4.12\)](#)

[Objects and the three gunas \(4.13-4.14\)](#)

[Mind perceiving objects \(4.15-4.17\)](#)

[Illumination of the mind \(4.18-4.21\)](#)

[Buddhi and liberation \(4.22-4.26\)](#)

[Breaches in enlightenment \(4.27-4.28\)](#)

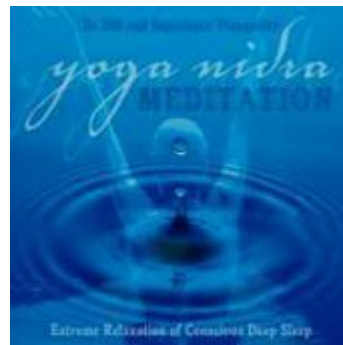
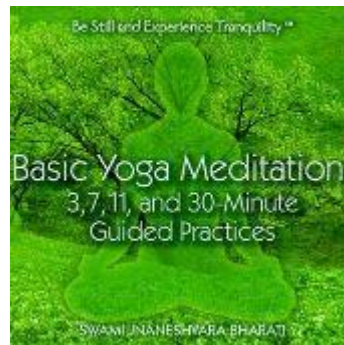
[Perpetual enlightenment \(4.29-4.30\)](#)

[Knowables become few \(4.31\)](#)

[Gunas after liberation \(4.32-4.34\)](#)

[Yoga Psychology - Maslow's Needs Hierarchy and Yoga Psychology](#)

[Yoga Psychology - Two Faces of Emotions](#)
[Yoga, Vedanta and Tantra](#)



This site is devoted to presenting the ancient Self-Realization path of the Tradition of the Himalayan masters in simple, understandable and beneficial ways, while not compromising quality or depth. The goal of our sadhana or practices is the highest Joy that comes from the Realization in direct experience of the center of consciousness, the Self, the Atman or Purusha, which is one and the same with the Absolute Reality. This Self-Realization comes through Yoga meditation of the Yoga Sutras, the contemplative insight of Advaita Vedanta, and the intense devotion of Samaya Sri Vidya Tantra, the three of which complement one another like fingers on a hand. We employ the classical approaches of Raja, Jnana, Karma, and Bhakti Yoga, as well as Hatha, Kriya, Kundalini, Laya, Mantra, Nada, Siddha, and Tantra Yoga. Meditation, contemplation, mantra and prayer finally converge into a unified force directed towards the final stage, piercing the pearl of wisdom called bindu, leading to the Absolute.